

CASE CONCEPTUALIZATION WORKSHEET FOR 2/7/2023

1) Which MFT Theories were employed in **Olga's** case? Provide brief evidence.

1. ____ STRATEGIC

Evidence:

2. ____ CBT

Evidence:

3. ____ SOLUTION FOCUSED

Evidence:

4. ____ STRUCTURAL

Evidence:

5. X EMOTIONAL-FOCUSED

Evidence: The therapist explored the client's feelings and targeted emotion as a possible agent of change in the client.

6. ____ NARRATIVE

Evidence:

7. ____ BOWENIAN

Evidence:

8. ____ CONTEXTUAL

Evidence:

9. ____ OBJECT RELATIONS

Evidence:

2) How would you conceptualize the presenting problem/clinical issue in terms of an MFT theory?

The client is experiencing anger towards the hospital staff after her husband's death and is in the process of grieving her husband's death as well. The client has a lot of negative affect and needs help to regulate differently.

3) Based on that theoretical assessment, what is a coherent clinical goal for this client?

Based on that theoretical assessment, a coherent goal for this client is to explore the client's secondary emotions so that the underlying primary emotion can be identified in order to help the client successfully grieve and move forward in life.

4) Based on that clinical goal, what other interventions (in office or as homework) would you suggest?

Based on that clinical goal, another intervention I would suggest is to ask more evocative questions in order to draw out change talk from the client about the focus.

1) Which MFT Theories were employed in **Orshum's** case? Provide brief evidence.

1. ____ STRATEGIC

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9. ____ OBJECT RELATIONS

Evidence:

2) How would you conceptualize the presenting problem/clinical issue in terms of an MFT theory?

This was the first session the therapist met with the client. The therapist asked a lot of questions in this session in order to gather information on the client, assess, and begin joining with the client.

3) Based on that theoretical assessment, what is a coherent clinical goal for this client?

A coherent goal for this client may be to help the client learn how to healthily deal with her anger.

4) Based on that clinical goal, what other interventions (in office or as homework) would you suggest?

Based on that clinical goal, another intervention I would suggest is to educate the client about anger management and the ways of mismanaging anger.